

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 27A- 1 Beginning Table tennis**

**Contact Information**

Instructor:	Gong Chen, (Dr., professor, coach)
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Office Hours:	MW 10:30-11:20 am via emails Or by appointment via MEET
Class Meetings & location	MW 8:30-9:20, SPX 107A
Prerequisites:	None

**Course Description**

This course is focused on the development of fundamental table tennis skills, basic tactics, simple strategies, etiquette, rules, and their application of in single and double games.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Proficiency in execution and application of basic table tennis warm-up, skills, and drills in table tennis games and practice.

- An understanding of the basic terminology, applicable history, rules, etiquette, safety, tactics, strategies, current research and practice, and applications of these cognitive knowledge in table tennis games and practice,
- An understanding of the mental and physical health benefits to be derived from table tennis.

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Text/Readings**

- |  |   |
|--|---|
| 1. Course syllabus:                      | Under <b>Syllabus/File</b>                  |
| 2. Information for activities in a week: | Under <b>Announcement</b> for relevant week |
| 3. Assignment and test guides:           | Under <b>Assignments</b>                    |
| 4. Reference book or reading materials   | Under <b>File</b>                           |
| 5. Reference Videos:                     | Under <b>Modules</b> for the week           |

### **COVID-19 safety**

- Students must strictly follow CDC and SJSU COVID-19 safety guidelines in order to safeguard the health and wellbeing of you and the class.
- If you have COVID-19 symptoms, report to the university immediately. Do not come to the class.
- All students must wear a facemask that fully covers mouth and nose in the gym all time. Pulling the mask below the nose is NOT acceptable in the class.
- It is strongly recommended to keep a safe distance of 6-feet in the gym all time.

### **Course Notes**

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents or broken facility/equipment to the instructor immediately.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.

### **Class protocol: Manner and safety**

### **A. Dress, equipment, facility**

- Wear sport shoes for ALL class meets except written exams.
- Bring in your paddle and balls to every class if you prefer using your own equipment.
- No bubblegum on/under the table. No food or drink (except water) in the gym.
- No bike in the building, and no wheels allowed rolling on the floor in the gym.
- No cell/earphone in class except emergencies (active shooting, earthquake, or medical).
- No trash in the gym.

### **B. Set up, take down, take care table**

- Must set up/take down table properly with a partner (based on the instruction) before/after the class.
- Don't use force to pull the top of the table backward. Ask the instructor for help if there is a problem.
- Don't sit or lean on the table.
- Don't chop the paddle on the table.
- Don't put water on the table.
- Don't flip, drop, or throw the paddle.
- Inform the instructor if there is anything wrong with the table or facility.

### **C. Work with a partner**

- Interact respectfully with the partner before/after practice/game.
- Communicate with partner on skill practice.
- Pick up balls on your side or in the middle.
- Willing to practice with any partner.
- Play your best game every time. Careless play is a big insult to your opponent.

### **D. Lecture, demonstration, practice**

- Students should arrive on time and participate fully in all activities in the class.
- Do not interrupt demonstration, practice, games with noise, socializing, or horseplay.
- Do your best during learning, practice, and games.
- Be considerate and help each other.
- Control your temper. Do not get mad or use improper language in the gym.

### **E. Injury prevention**

- Warm up before practice or games.
- Do not dive for a shot.
- Be aware of your environment.
- Do not bring other people into the class.

## Course Requirements, Assignments, and Grading\*

\* The grading plans and requirements below are subject to changes if the university changes the instruction modes and policies due to the changing situation of the COVID-19 pandemic.

### Grading Plan

2 points: University Liability form	this grade will be posted on Canvas
28 points: Single/double game assignments	this grade will be distributed in class
25 points: Written Exam	this grade will be distributed in class
40 points: Skills Test	this grade will be distributed in class
5 points: Final reflection paper	this grade will be posted on Canvas

- **Liability Form:** Students must sign this form at the beginning of the semester before the submission deadline and upload on Canvas. It is required by the university.
- **Tournaments:** This assignment will include organized single and double matches (best two out of three games as a match). The tournaments will be evaluated based on percentage of matched played and performance of learned skills and knowledge.
- **Written Exam:** The written exam will cover basic skills and applications, basic rules and applications, single and double games procedures and strategies, and benefits of table tennis and/or physical activities. Review guides will be posted (or distributed) before the exam.
- **Skill Test:** The skill test will include five basic skills on serves and other shots. It will be evaluated 50% on the number of successful serves/shots/rallies, and 50% on proper forms, grips, and quality of serves/shots/rallies. Review guides will be posted before the test.
- **Final reflection paper:** Briefly summarize personal learning experience and carry-on plan of table tennis and physical activities for an active lifestyle. This paper should be uploaded on Canvas during the re-scheduled final exam time.

### Other information:

- **Sickness with a note from the doctor:** Students must provide the note to the instructor.
- **Athletes' missing test/assignment due to official competitions must provide official schedule and a letter from the coach.**
- **Missed tournament assignment can be made up for emergency or pre-arrangement with the instructor upon the time limit. Usually the class may have time for making up several matches.**
- **Written Exam cannot be made up except emergency or pre-arrangement with the instructor.**
- **All tests/assignments/makeups must be completed by the last day of the class.**
- **Missing tests or assignments will result in lowering the grade.**

## Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

### SJSU Technical Support:

Email: [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

Phone: (408) 924-1530<sup>SEP</sup>

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

**Tentative Course Calendar (subject to change with fair notice by announcement on Canvas)**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1. 1/26	<b>(Zoom meeting)</b> syllabus and class procedures
2. 1/31-2/2	<b>(Self-learning and practice, NO class meet)</b> benefits of physical activities/table tennis understand single games warmup, foot work
3. 2/7-9	<b>(Self-learning and practice, NO class meet)</b> understand double games grips and swings
4. 2/14-16	set up and take down tables forehand and backhand flat serves, flat shots, rally
5. 2/21-23	forehand and backhand smash single game procedure
6. 2/28-3/2	slice serves, slice shots, rules on serves, shots, and lets single games
7. 3/7-9	practice on testing skills single game strategies, single games
8. 3/14-16	single tournaments
9. 3/21-23	single tournaments
10. 4/4-6	single tournaments double game procedure, double games
11. 4/11-13	double strategies double tournaments
12. 4/18-20	double tournaments
13. 4/25-27	double tournaments practice skills

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
14. 5/2-4	<b>written exam</b> <b>skill test</b>
15. 5/9-11	<b>skill test</b>
16. 5/16	challenging games
17. Final	<b>Reflection paper due</b>